

# ECEAP News

March 2006

Volume 2, Issue 3

Quarterly news from CTED's Early Childhood Education and Assistance Program

## A New Day Dawns on Early Learning!

On March 28, 2006, Governor Gregoire signed the bill creating the new **Department of Early Learning**. The Governor envisions a seamless and accessible early learning and care system that prepares each child to succeed in school and in life. The new agency will provide greater visibility for early learning, reduce fragmentation among programs, and serve as single point of contact for collaboration with the new private-public partnership, Thrive by Five.



ECEAP will transfer from CTED and become part of the new agency on July 1, 2006. Also moving to DEL will be Child Care Licensing, the Head Start State Collaboration Office, and the Early Reading Initiative. ECEAP contracts will remain in force with only the name of the Department changed. All other ECEAP activities and reporting will remain the same for the 06-07 school year.

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## WAC Hearings

As you know, the State ECEAP Office is currently revising the ECEAP Performance Standards and WACs. The changes will be effective this summer and implemented in the 06-07 school year. Public hearings on the WAC changes will take place in late April/early May.

**April 26, 2006 3:00-5:00 PM Pasco**  
Blue Mountain Room, ESD 123  
3918 West Court St.  
Pasco, WA 99301  
Contact: JoAnn Hare  
509/544-8441

**May 1, 2006 3:00-5:00 PM Olympia**  
ESD 113  
601 McPhee Road S.W.  
Olympia, WA 98502  
Contact: Sandy Nelson  
360/464-6818

**May 10, 2006 3:00-5:00 PM Spokane**  
Regal Conference Center, ESD 101  
4202 South Regal Street  
Spokane, WA 99223-7738  
Contact: Roxanne Wyatt  
509/456-7086

*Comments on the draft WAC may be submitted to Heike Syben, at [heikes@cted.wa.gov](mailto:heikes@cted.wa.gov), until May 10, 2006.*

***"It isn't where you came from; it's where you're going that counts."***

**- Ella Fitzgerald**

# Did you know?

Most kids under six spend more than two hours every day sitting in front of a TV or computer screen. That may not sound like a lot of time, but it has a big impact on their health and development. And it sets the stage for spending even more time with media (TV, movies, websites, video games, and music) as they grow up. In fact, the average American child over eight years old spends more time using media than he does with his parents or in school! But media is fun, and parents and kids love it.



So what's a parent to do? Here are some tips:

1. **Set media time limits and stick to them.** Limit your child's screen time to no more than one to two hours per day. Children younger than two should watch as little TV/videos as possible. In fact, the American Academy of Pediatrics recommends no television at all for kids under two.
2. **No TV or computer in your child's bedroom.** It's hard to limit the hours they watch and impossible to know what they're watching if they're in their room.
3. **Do your homework.** Use [www.commonsensemedia.org](http://www.commonsensemedia.org) to choose media that is age-appropriate and fun.
4. **Watch and listen with your kids.** Talk to them about what they see. Tell them what you liked, don't like, and why. Ask questions like: Who was your favorite character? Why? You can also encourage your child to sing, clap, jump around, and dance with the characters.
5. **Help your child understand the difference between fantasy and reality.** Kids under the age of seven don't always know what's real and what's fake. Explain that most of what they see on TV or in movies isn't real. And since children often copy their favorite media characters, remind them that they can't do things that cartoon characters or superheroes can do without getting hurt.

6. **Point out that violence isn't a good way to solve problems.** When your child sees a character solve a problem by hurting someone, talk about it. Suggest non-violent ways to fix the problem: "Rather than hitting his friend, that boy could have told him why he was angry." Ask your child for his/her ideas.
7. **Help your child understand commercials.** Young kids can't tell the difference between commercials and programs. Help them understand that the purpose of commercials is to sell something. Explain that advertisements often exaggerate the quality of the product to make people want to buy it.
8. **Use media to spark your child's imagination and creativity.** Ask questions like: If you wrote the story, how would you change the ending?
9. **Balance media with playtime.** Push the remote button to "off" and encourage your kids to play and be active. Setting a good example and doing it with them works best!
10. **Read to your child and go to the library.** It's the best way you can develop their literacy skills and a love of books.

## common sense media

**Common Sense Media** is the nation's leading non-partisan, non-profit organization dedicated to improving the media lives of children and families. At [www.commonsensemedia.org](http://www.commonsensemedia.org), you'll find for FREE:

- Thousands of detailed reviews and ratings for TV, movies, websites, video games, music, and books based on child development criteria.
- Parenting tips on raising media savvy kids.
- Important news and research.
- A weekly online newsletter.

- Article contributed by Common Sense Media

# cool tools



## POEMS

*Have you ever wondered how you could make your outdoor play area more attractive and inviting?*

Nature exploration and the outdoor environment serve as an extension of the classroom and are important in a child's development. The Preschool Outdoor Environment Measurement Scale (POEMS) is a comprehensive tool to assess the quality of early childhood outdoor environments. It is designed to provide direction to teachers and administrators who want to offer high-quality outdoor play and learning to preschool children. Some directors may find it useful in approaching school district subcontractors on making existing playgrounds more developmentally-appropriate.

POEMS was developed as:

- A checklist for those interested in learning more about creating higher quality environments for children's outdoor play and learning.
- A resource for improving existing outdoor spaces.
- A guideline for new construction of childcare facilities.
- A reference tool for funding agencies supporting healthy, high-quality outdoor play and learning environments for children.
- A source of guidance for policy initiatives in early childhood development.
- A research instrument to study the implications of outdoor environmental quality in children's development and learning.

*The State ECEAP Office is sending a POEMS tool to each contractor.  
Look for your copy soon!!!*

# quicklinks

## Keeping up with Research

*Need staff training or discussion materials?*

Each month Pre-K Now holds a conference call with national experts focused on hot topics in pre-kindergarten. These are high quality presentations, very relevant to ECEAP. The past calls are archived at <http://www.preknow.org/advocate/confcalls/index.cfm>. For each topic, you can download the audio presentations (about 30-40 minutes) and the accompanying powerpoint slides. Then you have a ready-made presentation for your group! There are also links to related research and articles.

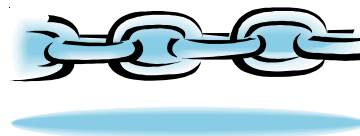
Past topics include Serving English Language Learners, Meeting Children's Mental Health Needs, Promoting Early Literacy, and Supporting Social-Emotional Development.

You can also sign up to listen live to future conference calls, including "Family and Community Involvement" on April 12, 11:00 – 12:00 PST.

## Child Abuse and Neglect Prevention

*Looking for resources to support families and strengthen communities?*

You can order free information packets, in Spanish and English, at [http://nccanch.acf.hhs.gov/topics/prevention/prev\\_packet\\_2006.cfm](http://nccanch.acf.hhs.gov/topics/prevention/prev_packet_2006.cfm). Packets include a poster and written materials on how family support helps prevent abuse and neglect and what organizations can do to promote safe children and healthy families. See tips for building on family strengths, successful collaborations, and sample community messages and awareness activities.



## ECEAP Stars!

### Jamie McCoy - A Bright and Shining Star for ECEAP!

Jamie is the Preschool Director at Learning Avenues Child Care Center in Vancouver. She has been a Lead Teacher and now Preschool Director at the site since its beginning over 30 years ago and part of the ECEAP partnership with Educational Opportunities for Children and Families for 18 years. Through this partnership, wrap around services are an alternative for families who need full-day child care.

Jamie has been a training resource for EOCF in a variety of topics over the years. She has also been involved with the Foster Grandparent Program in the Vancouver area for 20 years and served on the board of directors for about seven years. She believes that it is a positive, effective program involving intergenerational relationships. Jamie has been very active in the state organization of WAEYC (Washington Association of Educators of Young Children) and the local branch, SWAEYC. She has served as an officer in both, as well as helped to coordinate conferences over the past 20 years.

Jamie is definitely a Bright and Shining Star for ECEAP and the opportunities it provides to children, families, and staff in our state.



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